

Cumberland Electric Membership Corporation

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Mission Statement

Cumberland Electric Membership Corporation is committed to providing dependable, affordable electric service through the expertise and dedication of competent leadership and a well-trained and responsive workforce.

AS I SEE IT

Manager's Viewpoint

Stop airflow and high energy bills

Our homes should be an oasis for all of us — where we can kick back and get comfortable.

But there's no oasis of comfort when your home is too cold in winter or oppressively hot in the summer. That means it's leaking air — and wasting money.

One of the best things you can do if you have high electric bills is check the insulation. How much is in your attic and basement or crawlspace? What kind is it? Is there an air barrier along with the insulation? The answers to these questions will determine how much energy and money you can save.

Air infiltration is one of the main problems for most homes. It's healthy to have some airflow in and out of your home, but too much leads to discomfort

and high electric bills. Properly installed insulation paired with an air barrier can do a lot to save.

If you have fiberglass insulation — whether blown or rolled batts — you'll need to create an air barrier by sealing all cracks and gaps between the living spaces and unfinished areas with caulk and expanding foam. Cellulose does a better job of blocking air, but only foam insulation offers its own air barrier.

Check out EnergySavers.gov to learn more about insulation. You can also contact Cumberland

Electric Membership Corporation and talk to one of our energy advisers about whether your home needs more insulation. By doing so, you'll be well on your way to a more comfortable home — and lower electric bills.



Jim Coode,
General Manager,
Cumberland Electric
Membership
Corporation



Energy Efficiency

Tip of the Month

Air is drawn into your home from low areas, so inspect your foundation for potential air-infiltration points. Fixing these leaks makes a bigger impact on your electric bill than sealing doors and windows! Caulk all cracks and gaps around your home, including spaces for telephone and electrical wires, cable and gas lines, water spigots and dryer vents. Find more ways to save at TogetherWeSave.com.

Source: Touchstone Energy® Cooperatives

Cooperation in education

Construction paper, markers, flash cards, and lesson plans — education requires feats of ingenuity at times by the teachers. Our students are the future of the communities we serve. Therefore, Cumberland Electric Membership Corporation does its best to partner with or support our schools when opportunities arise that fit within the cooperative business guidelines. After all, like their educators, we want to see all students succeed in their educations, making a brighter future for them and the communities where they live.

While students of Sango Elementary in Clarksville were studying renewable energy and recycling, CEMC was able to provide valuable literature and hands-on activities to show how energy is made through renewable energy sources. Students were also given the opportunity to try their skills at operating a man-powered generator to see how much more energy an incandescent light uses than the new compact fluorescent bulbs.

Demonstrations make learning fun, and when it's time to teach students about electrical safety, CEMC is always ready to bring a great, eye-catching safety demonstration to your school.

Lisa Neal, a third-grade teacher at Montgomery Central Elementary in Cunningham, can attest to that:

“Trust me; there is no better way to get an electrical safety message across than to show a group of third-graders what happens when a hot dog touches a live electric line. As the miniature sparks fly, the students' imaginations ignite, too. I know they'll think twice before flying a kite or climbing a tree near a power line.”

Of course, these programs are just the beginning — as a member-owned, not-for-profit business, your elec-



A fourth-grade student at Sango Elementary demonstrates how to generate power using his physical strength. His classmates were impressed with how hard it was to energize just a few light bulbs.

tric cooperative was founded on the principle of concern for community. It is nice to know that promising students will continue to benefit from the co-op's programs for years to come. From scholarships and youth leadership programs to expense-paid trips to our nation's capital, Cumberland Electric Membership Corporation knows the importance of student success and supports them — and our schools — every step of the way.

If you would like a CEMC representative to come speak to your class about renewable energy or electrical safety, please contact Stephanie Lobdell, CEMC public relations coordinator, at 800-987-2362, ext. 1143. There is no cost to the school, and the benefits are priceless!



2011 Trees of Giving a great success

The branches of the 2011 Trees of Giving were loaded to the max with gloves, scarves, socks, hats, coats and more. This community outreach program was energized by high school students, Cumberland Electric Membership Corporation members and employees throughout the CEMC service area. One member was overheard saying that the local office's tree

was "the prettiest decorated tree I believe I've ever seen."

All items were delivered to local community agencies in time to be distributed for Christmas.

If you did not see the tree in the CEMC lobby of your area, we hope you will have the opportunity to in December 2012. CEMC salutes all those who made the 2011 program the most successful since beginning in 2007.



Left: Dover Tree of Giving

Right: Clarksville Tree of Giving



Above, Springfield Tree of Giving



Above: Ashland City Tree of Giving.



Left: Gallatin Tree of Giving

In addition to donations from members and employees, the following school clubs participated in the Trees of Giving this year:

Clarksville – Montgomery Central High College Club

Dover – Stewart County High Carpentry and Running clubs

White House – White House Heritage High Dance Team

Springfield – Jo Byrns High Jr. Beta Club and students of Greenbrier High

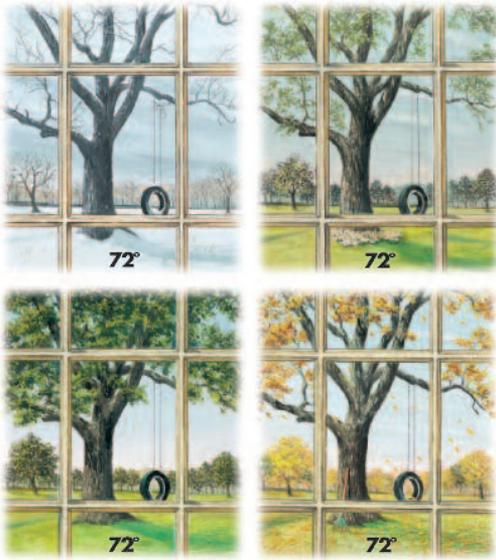
Portland – Portland High Social Studies Club
Ashland City and Gallatin trees were decorated by CEMC members and employees.



Left: Portland Tree of Giving

Right: White House Tree of Giving





SOME THINGS NEVER CHANGE.

No matter what's going on outside, an electric heat pump in the energy right® Program will make sure it will always be consistently comfortable inside. All year round. Installed by a member of the Quality Contractor Network, a new heat pump also will save up to 50% on your heating bills. And come to think of it, that's something you could get used to, year after year.



No matter the season or the time of year ...

Contact Cumberland Electric Membership Corporation for information on the Tennessee Valley Authority programs designed to assist you in your efforts to become more energy-efficient:

- Home Energy Right Solutions
- Generation Partners (solar program)
- Green Power Switch
- Heat Pumps
- In-Home Energy Evaluation
- New Homes
- Water Heaters

For more information on these programs, visit energyright.com.

February 27 deadline nears for Senior Scholarship applications and WYT short story entries



Are you already a high school senior heading to college to further your education? Cumberland Electric Membership Corporation scholarship applications can be obtained in your school's guidance office or by going to www.cemc.org. Seniors, be sure to apply for the CEMC Senior Scholarship today!



ATTENTION: High school juniors! Have you written and submitted your short story for a chance to win an expense-paid trip to Washington, D.C.? If there was no presentation at your school and you know this is the trip for you, write your story and submit it to CEMC today!

For more information about these programs, check the January issue of *The Tennessee Magazine*, CEMC's website, www.cemc.org, or call 1-800-987-2362, ext. 1143. If no one is available when you call, please leave your name and a call-back number.

Hearts at risk

Blood pressure basics for American Heart Month

Healthy hearts face risks from many different factors: high cholesterol, obesity, diabetes, tobacco use, an unhealthy diet, physical inactivity and secondhand smoke, among others. But another common — and often misunderstood — risk factor is high blood pressure.

One in three Americans suffers from high blood pressure, according to the American Heart Association (AHA). With February designated as American Heart Month, now's a great time to understand more about this condition.

Blood pressure is typically recorded as two numbers, written as a ratio: 118/75 mm Hg. The top number, systolic, measures pressure in the arteries when a heart beats and the heart muscle contracts. The bottom number, diastolic, measures pressure in the arteries between heartbeats (when the heart muscle rests between beats and refills with blood).

The AHA lists five stages of blood pressure:

- Normal: Systolic less than 120 and diastolic less than 80
- Prehypertension: Systolic between 120 and 139 or diastolic between 80 and 89
- High Blood Pressure Stage 1: Systolic 140-159 or diastolic 90-99
- High Blood Pressure Stage 2: Systolic 160 and higher or diastolic 100 or higher
- Hypertensive Crisis (emergency care needed): Systolic 180 and higher or diastolic 110 or higher

How is high blood pressure diagnosed?

Health care providers want an accurate picture of blood pressure to chart what happens over time. Starting at age 20, AHA recommends a blood pressure screening at least once every two years.

If a patient's blood pressure reading comes in higher than normal, a doctor may take several readings over time and/or have the patient monitor blood pressure levels at home before diagnosing high blood pressure.

A single high reading does not necessarily translate to high blood pressure. However, if readings stay at 140/90 mm Hg or above (systolic 140 or above OR diastolic 90 or above) over time, a doctor will likely begin a treatment program. Such a program almost always includes lifestyle changes and often prescription medication.

If, while monitoring blood pressure, a patient notes a systolic reading of 180 mm Hg or higher OR a diastolic

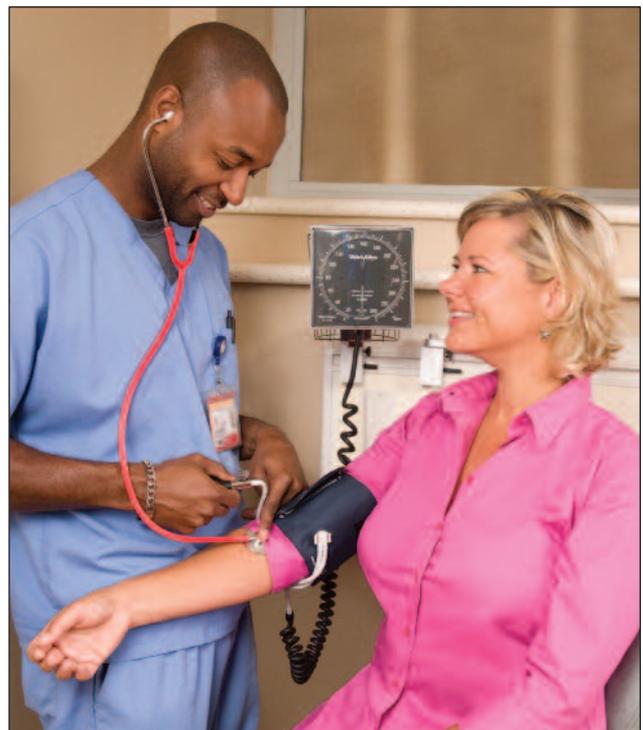
reading of 110 mm Hg or higher, the patient should wait a few minutes and try again. If the reading remains at or above that level, a patient should seek immediate emergency medical treatment for a hypertensive crisis.

Which number is more important, systolic (top) or diastolic (bottom)?

Typically, more attention is given to the top number (the systolic blood pressure) as a major risk factor for cardiovascular disease for people over 50. In most cases, systolic blood pressure rises steadily with age because of increasing stiffness of large arteries, long-term build-up of plaque and increased incidence of cardiac and vascular disease.

To learn more, visit www.heart.org.

Source: American Heart Association



Measuring your blood pressure is quick and painless. A doctor or health professional wraps an inflatable cuff with a pressure gauge around your arm to squeeze the blood vessels. Then he or she listens to your pulse with a stethoscope while releasing air from the cuff and watching the gauge. The gauge measures blood pressure in millimeters of mercury, abbreviated as mm Hg. Source: CDC/Amanda Mills